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NAZI ZOMBIE BIKERS? HIGH-KICKING ALICE TACKLES ALL-COMERS IN LATEST RESIDENT EVIL MOVIE PAGE 12



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Railing for better service



Mayor Joe Fontana, flanked by officials from other southwest Ontario municipalities, talks about the results of a meeting at city hall on Thursday with officials from Via Rail. ANGELA MULLINS/METRO

On the wrong track.

Mayors meet Via Rail executives to discuss recent service cuts



ANGELA MULLINS
angela.mullins@metronews.ca

When it was time for Via Rail executives to hit the road after a meeting with mayors in London, they did just that — motoring up Highway 401 because catching the train wouldn't get them to Toronto in time for an afternoon meeting.

Therein lies the problem, the mayors said: Rail service isn't meeting the needs of business and casual travellers alike. And, Mayor Joe Fontana stressed, the situation needs to be fixed.

"This is not all about Toronto to Ottawa and to Montreal," he said. "There's no doubt that with the cutbacks we are removing (transportation) options for people in our large cities, in our smaller cities and in our towns and our communities across southwestern Ontario."

Thursday's meeting produced some concrete results: Via officials said they aren't considering additional cuts and, if changes are made, municipalities will be consulted first, Fontana said.

Via also agreed to form a

Where Via stands

- Marc Laliberté, Via Rail president and CEO, stressed Via's commitment to "intermodal" transportation, which means "enhancing" service by forming new partnerships with bus and transit companies.
- Those partnerships — like existing ones with Go Transit and Air Transat — would complement rail routes and make connections more convenient.

working group with regional officials aimed at figuring out ways to improve service. Cities have a role to play, Fontana said, by encouraging people to use rail. They could do that by diverting some tourism or chamber of commerce dollars toward marketing.

During the closed-door meeting, Via officials said low ridership played a large role in southwest Ontario cuts, Fontana said.

But Sarnia Mayor Mike Bradley doesn't put too much weight on those claims.

"They are greatly responsible for the decrease in ridership as it relates to marketing, scheduling and consultation with the communities," he said.

No Metro on Monday

Metro will not be publishing on Labour Day. Look for us again on Tuesday

A home of their own

More than a safe haven, today's women's shelters provide a range of services that could prevent more costly social problems later on PAGE 2

Knight you are

A new-generation London Knights team is shaping up as the summer training camp draws to a close PAGE 5

Pique their taste buds with pelau

This one-pot chicken-and-rice dish will transport you and your guests to Trinidad PAGE 22



Continuing Education



Fall registration is now open.

fanshawec.ca/ce

Urban Voices

Biking in London? Be careful!

Metro's London Urban Voices columnist Chris Moss recently returned to the world of two-wheeling. She quickly learned there are good things and bad things about cycling in the Forest City. Check out her blog at metronews.ca. **METRO**

Metro video

Police chief addresses students

In anticipation of the upcoming school year, London Police Chief Brad Duncan discussed the challenges facing students from Fanshawe College and Western University and measures taken to ensure students abide by local rules and laws. Watch the video at metronews.ca. **METRO**

'Incentive pay'

NDP bill would ban bonuses in public sector

The New Democrats are trying to temporarily ban bonuses for top executives and managers in the public sector.

The party is introducing a private member's bill that would eliminate performance pay and all forms of incentive pay for the next two years.

NDP Leader Andrea Horwath says the legislation would only apply to new contracts. She says when almost all top civil servants are getting bonuses, it becomes a "below the radar" raise.

THE CANADIAN PRESS



Michele Hansen, leader of the Ontario Shelter Research Project and executive director of the Huron Women's Shelter in Goderich, talks about the study's findings, Thursday, at Western University's faculty of education building. ANGELA MULLINS/METRO

Shelters provide more than beds, study says

Women's shelter research. Project could help pave the way for proving that facilities are worth supporting financially



ANGELA MULLINS
angela.mullins@metronews.ca

Abused women's shelters offer more than a safe haven, according to a new study.

They provide a wide spectrum of services for victims and their children, ranging from help navigating the legal system to assistance in accessing social-service programs.

Those findings are the driv-

ing force behind a study led by Western University researchers and shelter directors in southwestern Ontario. Nearly a decade in the making, leaders of the Ontario Shelter Research Project released their findings Thursday.

While none of the data came as a huge surprise to those working in the field, it could be an eye-opener for outsiders, and could lead to a stronger case for continued or additional funding, said Michele Hansen, the project's leader and executive director of the Huron Women's Shelter in Goderich.

"We live in a time when governments are scrutinizing what we do, so we have to be able to say, 'What we do is important, it has value,'" Hansen said.

Hansen stumbled on the idea for such a study about seven years ago while completing an application for United Way money. The application asked for evidence of the impact her agency's work was having, and Hansen called a colleague for help in finding the data.

When she found out that research hadn't been done, roots of the Ontario Shelter project started taking shape.

About three years later, the team secured funding from the Ontario Trillium Foundation and set out on a course that led to more than 200 interviews with directors, staff and clients at shelters across the province, including London.

A second phase of the project is expected to develop an evaluation tool that shelters

Findings suggest shelters:

- Provide emotional support for abused women and their children.
- Are community hubs that connect clients to services, help them make decisions and intervene when service providers are not responsive.
- Increase women's capacity to manage on their own.
- Likely to prevent problems that will require more expensive services later on.

can use to see how well they are meeting client needs, Hansen said.

Bill forcing wage freeze an 'assault' on teachers: Lawyer

A national civil liberties group is joining the fight against a controversial bill by Ontario's cash-strapped government that would force a wage freeze and cuts to benefits on tens of thousands of teachers across the province.

The Canadian Civil Liberties Association echoed teachers' unions in condemning the legislation as unconstitutional and a violation of workers' rights across the province.

They're warning the governing Liberals not to proceed with the legislation that they're pushing through the



Steven Barrett. THE CANADIAN PRESS

legislature, or face the consequences in court.

Toronto lawyer Steven Barrett, who provided advice on the legislation to the unions, said it doesn't

Legislation

The legislation, which three unions have vowed to fight all the way to the Supreme Court of Canada, will also give the government the power to ban strikes and lockouts for at least two years.

take a constitutional lawyer to conclude that the legislation is an "unprecedented assault" on the rights of educational workers.

THE CANADIAN PRESS

Accolades. John Labatt Centre earns No. 1 ranking as Top Stop

The John Labatt Centre has been named the No. 1 Top Stop in Canada in the September issue of industry magazine 'Venues Today'. The ranking is based on gross sales from June 2011 to May 2012.

"The John Labatt Centre has been an important asset for economic revitalization in our downtown," said Peter White, CEO of London Economic Development Corp., in a release. "Revitalizing a key block of our city, the venue has increased foot traffic and general business activity in the core."

The John Labatt Centre fea-



London's John Labatt Centre. ANGELA MULLINS/METRO

tures a busy lineup this fall. Big Time Rush featuring Cody Simpson takes the stage Sept. 5, and John Fogerty returns to the RBC Theatre on Sept. 13. **METRO**

Mobile news



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West Nile. Virus a risk for long weekend: Health unit

The Middlesex-London Health Unit is urged people to take precautions Thursday as officials dealt with the summer's second probable human case of West Nile virus.

"This most recent human case is another reminder that West Nile virus is present in our communities," Iqbal Kalsi, the unit's environmental health manager said in a release.

Twenty dead birds and 12 mosquito traps across the region have tested positive for West Nile this summer, the health unit says.

Eighty-three probable and confirmed human cases have been reported in Ontario.

METRO

A few ways to lower risk:

- Wear long sleeves, pants and socks in areas with mosquitoes
- Use insect repellents with DEET
- Fix holes in window and door screens

Fall fest ready for 2nd year

Last summer weekend.
Country-style family fun
on tap at Victoria Park



ANGELA
MULLINS

angela.mullins@metronews.ca

How 'bout a little country in the city?

It's the feel Doug Hillier is trying to create this weekend as Fall Fest marks its second year in Victoria Park.

The festival, put on by Hillier's Family Shows Canada, captures that down-on-the-farm feel with scarecrow stuffing, pumpkin carving, steer lassoing, a straw maze, a saloon-style beer garden, and then some.

Exhibits are aimed at providing entertainment for the whole family.

"We're trying to get a more homey feel and do, what we call, throw the party in the kitchen," Hillier said.

Many of the festival's features are the same ones that graced the park last Labour Day weekend, with only few new things thrown into the mix. Mainly, mechanical rides have

If you go

- Fall Fest is open from 11 a.m. to 11 p.m. Friday to Monday.
- Admission is free. All-day ride wristbands for the bounce houses are \$15.
- Fifteen bands will perform with music starting at 5 p.m. Friday, 2 p.m. Saturday, 1 p.m. Sunday, and 2 p.m. Monday.
- Visit canadasbiggest-party.com for details.

been nixed in exchange for a wide array of inflatable bounce houses and a paddle-boat pond.

Organizers are hoping to boost attendance after the inaugural Fall Fest drew an estimated 30,000 — shy of the 50,000 goal.

It takes about three consecutive years to get the hang of what it takes to make a new festival tick, Hillier said.

"We're going to keep modifying this event until we get the kind of feel we were looking for."

Summer 2012

We asked Londoners via social media to finish this sentence:
The summer of 2012 in London will be remembered for ...

@notstephenorser

My stupendous tirades against the Ontario Ombudsman. I'm a cowboy, baby.

@ShaunaRae67

New friends, old friends, heat, camping, wine, food, song and a ton of fantastic memories! But it's not over yet! ;)

@phrawr

all the wonderful construction.
sarcasm

@martinisyag

Pride London Festival!!

@UpFront_13oking

#Lndont Great weather, A Great Patio and of course the Londoners who have made our first summer in the downtown AMAZING!

@RobbieRobb

the idiocy of our local politicians.

On Facebook:

Geoff Thompson

Massive unemployment and pan-handling.

Roger Foley

....amazing local musicians performing at Victoria Park festivals



This year's Pride London Festival ran from July 22 to 29, culminating in the annual parade. ANGELA MULLINS/METRO

Foundation's efficiency

MoneySense findings on LHSF contradicted

The Better Business Bureau, Canada Revenue Agency, and Imagine Canada's Charity Focus all dispute figures published by MoneySense magazine regarding the efficiency of London's Health Sciences Foundation.

According to the most recent audit provided by the Better Business Bureau, 71 per cent of all money raised by the London Health Sciences Foundation is used for programs. The report in MoneySense claimed only 50 per cent went to programs. AM980/AM980.CA

Don't get a ticket

Overnight parking comes to an end

Overnight parking on city streets will soon yield a ticket.

A city bylaw prohibiting parking from 3 to 5 a.m. goes back into effect Tuesday. The bylaw had been lifted for summer. METRO



2012 Annual

"Mentoring for Charity" Golf Tournament

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LONDON TRANSIT NEWS

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12 Wharncliffe	13 Wellington
17 Oxford West	27 Fanshawe
33 Proudfoot	34 Medway

Effective September 2, 2012 low floor accessible buses will operate on all routes.

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RAYMOND JAMES

Making the cut. P.K. Subban's cousin Marselis cracks the 28-man roster

Relentlessness and patience aren't synonymous in all contexts. But that doesn't mean they can't go hand-in-hand, according to Marselis Subban.

"I'm always pushing for a spot," Subban said in an interview prior to learning he made the London Knights' first set of cuts. "But, at the same time, I'm lucky to have an extra season (to work with) before my NHL draft year hits. I recognize that, and (general manager) Mark Hunter knows that, so, hopefully, I can develop with the big club over time."

Last year, as draft classmates Max Domi and Bo Horvat played an entire campaign for the Knights, Subban dressed in Cambridge Winter Hawks garb for 25 Jr. 'B' games.

The five-foot-11, 196-pound blue-liner was forced to wait a year. Since London still has some players to trim before the regular season, that development season could easily turn into two. Either way, he has no regrets.

"I like what I did out there," said Subban, cousin to Montreal Canadiens star P.K., of his second OHL training camp. "I was a little rusty on Wednes-



Marselis Subban JOHN MATISZ/METRO

day, but a lot of people were. I worked hard all summer, came here, and now it's done. It feels good."

The smooth-skating puck-mover played forward in the final scrimmage since Team Green was defenceman-heavy.

"Whatever they want," he said, quickly flashing the charismatic Subban smile.

JOHN MATISZ/METRO

Other Subban players

Aside from P.K., Marselis's cousins include Malcolm, an 18-year-old goalie drafted by the Boston Bruins, and Jordan, a 17-year-old defenceman. They both play for the Belleville Bulls.

Axe falls on 47 players

End of training camp. Knights announce first series of cuts



JOHN MATISZ
john.matisz@metronews.ca

Moments before he joined a 10-player line waiting for their individual exit interviews, Santino Centorame felt pretty good about his chances.

"Expectations-wise, I'm pretty happy," the 16-year-old London Knights signee said on Thursday. "But anything can happen."

About an hour later, a news release revealed London's fourth-round draft pick in the 2012 OHL draft was one of 47 players cut by the team after the conclusion of camp.

The squad now heads into the three-game long weekend with 28 players on its roster. A few more cuts are expected over the next week, bringing the roster to around 25.

Of the 28, 14 are regulars from last year's OHL championship-winning team. Three others — Jack Nevins, Adam Restoule, and Kevin Bailie — were acquired via trade over the summer.



Team Gold member Ryan Kerr is chased behind the net by Team Black's Tristan Elie during a late-morning scrimmage at the JLC on Thursday. Both training-camp attendees were cut by the team hours later. JOHN MATISZ/METRO

The rest represent a new wave.

"The Remi Elie boy has been good," coach Dale Hunter said when asked who impressed him most. "He played well out there."

Elie is a dynamic 1995-born forward that was signed by London in late April. Throwing his body around from start of training camp onwards, the six-footer with decent hands enters the pre-season as the guy to watch.

Kyle Platzer, Corey Pawley,

Jacob Jammes, and Owen MacDonald are draft picks from the last two years who also have a realistic shot of sticking all year.

Perhaps the biggest shocker on the post-training camp roster is Paxton Leroux. The 19-year-old from Peterborough made a name for himself by dropping the mitts on numerous occasions.

In goal, 10th-rounder Trevor Wheaton has been given a chance to impress as the third-stringer for the time be-

Weekend pre-season sked

- Friday vs. Sarnia Sting @ 7:30 p.m. (home)
- Sunday vs. Saginaw Spirit @ 2 p.m. (home)
- Monday vs. Sarnia Sting @ 2 p.m. (away)

ing while Liam Herbst nurses a sore knee.

Reader comments

London Knights in 2012-13: How well do you think the Knights will do this year?

Metro asked Knights fans around the John Labatt Centre for their thoughts on the upcoming season.



"Fairly well. I think they'll make it

to the Memorial Cup again. They've really got a good team this year."

Morgan Powell, 15, London



"Depends on how the players play. If they come out

and have a good season, then they'll be fine. Coaches can only do so much."

Paul Costa, 32, London



"They ... aren't looking much different than last

year, so in my eyes they'll do all right."

Lucas Moeachnie, 15, London



"I think they'll do good. They better do good.

We better beat Shawinigan."

Ray Vella, 50, London



"I think they're going to do just as well as last

year. The Hunters have a good organization here and most of the players are returning."

Curtis Luckovitch, 26, London

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Pussy Riot

Killer demands band's freedom

The bodies of an elderly woman and her daughter were found in Russia beneath a scrawled message demanding freedom for the jailed members of the Pussy Riot band, officials said Thursday.

THE ASSOCIATED PRESS

Toronto

Mayor's niece sorry for 'whore' tweet

Krista Ford, the niece of Toronto mayor Rob Ford, apologized Thursday for suggesting women can avoid sexual assault by not dressing "like a whore" after a public backlash.

THE CANADIAN PRESS

Canada Border Services

Iraq war resister ordered out

Canada Border Services Agency has ruled that an American soldier living in Toronto because she didn't want to serve in Iraq must return to the U.S.

THE CANADIAN PRESS

Alleged militia plot

Death penalty sought for 3 soldiers

U.S. prosecutors will seek the death penalty against three Army soldiers accused of killing a former serviceman and his girlfriend to protect an anti-government militia group, officials said Thursday.

THE ASSOCIATED PRESS

Amish hair-cutting

Bishop forced sex: Testimony

An Amish bishop accused of orchestrating hair-cutting attacks in Ohio forced women to have sex with him so he could turn them into better wives, one of the women testified Thursday.

THE ASSOCIATED PRESS

J.K. Rowling

Author to build giant tree houses

Despite complaints from neighbours, the City of Edinburgh approved on Thursday the Harry Potter author's application to create large tree houses in her garden for her children.

THE ASSOCIATED PRESS

Obama has failed on his promises: Romney

Republican National Convention. Stage set for presidential candidate to kick start campaign, attacks

Republican presidential candidate Mitt Romney, in the most critical speech in his campaign for the White House, sought to persuade a television audience of millions that he, not Barack Obama, was the best hope to lift the struggling U.S. economy and "restore the promise of America."

Romney's speech accepting his party's nomination on Thursday was the climax of the three-day Republican National Convention and a milestone in his long, often-rocky quest for the presidency. He claimed the honour he was denied when John McCain won the nomination four years ago. This year, he had to fend off a series of Republican challengers, questions about his shifting positions and mutterings about his Mormon religion.



Republican presidential nominee Mitt Romney, right, and Republican vice-presidential nominee Rep. Paul Ryan laugh with their campaign staff as they gather for a group picture at the Republican National Convention in Tampa, Fla., on Thursday. JAE C. HONG/THE ASSOCIATED PRESS

The ultimate prize, the White House, will be determined in a November vote. Polls show Romney and Obama in a dead heat with the economy the biggest issue in the campaign. The United States is struggling with 8.3 per cent

unemployment and the slowest economic recovery in decades.

Thursday's prime-time speech was aimed at disaffected Obama voters tuning into the convention, rather than the thousands of like-minded Republicans. THE ASSOCIATED PRESS

Exclusively online

For Mitt Romney's speech, visit metronews.ca



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Canada's Big 5 bank big bucks in third quarter

High five for banks. Shareholders receive significant dividends from record-high earnings despite conservative estimates

Canada's biggest banks posted a stunning \$7.8 billion of cumulative profit in the third quarter, as consumers maintained their borrowing habits and domestic banking results propped up weakness in other divisions.

The performance left analysts' restrained predictions in the dust, marking an increase of 45 per cent from net income of \$5.38 billion a year ago.

All five banks delivered a surprise boost to their dividends paid to shareholders. Royal Bank also boasted that its profits rose 73 per cent to a new record high.

It was quite a contrast from concerns that lending would subside during the period, while banks looked for ways to cut their costs. But several analysts say they're not convinced these bombastic results are sustainable into next year.

Royal Bank's record profit amounted to \$2.24 billion, or \$1.47 per share. That compared with earnings of \$1.29 billion or 83 cents per share in the year-earlier period.

TD reported profits of \$1.7 billion, or \$1.78 per share, from \$1.49 billion or \$1.58 a share a year ago.

Its domestic personal and commercial banking posted a record quarter, with reported net income of \$864 million.

Canadian Imperial Bank of Commerce profit rose by 42 per cent in the quarter to \$841 million, or \$2 per share, compared with \$591 million, or \$1.33 a share, for the same period last year.

Earlier this week, Bank of

Montreal raised its dividend for the first time since 2007, boosting it 2.8 per cent to 72 cents a share, on profits of \$970 million.

Scotiabank increased its quarterly dividend 3.6 per cent to 57 cents per share on \$2.05 billion of profit. Several divisions improved performance and the bank also benefited from an after-tax gain of \$614 million from the sale of its Bay Street headquarters, Scotia Plaza.

Scotiabank announced Wednesday that it is buying ING Bank of Canada from its Dutch parent company in a \$3.13-billion deal.

THE CANADIAN PRESS

Breaking records

\$2.24B

Royal Bank's record profits amounted to \$2.24 billion, or \$1.47 per share.



Cut and run from Facebook

Facebook co-founder Dustin Moskovitz, pictured, has been selling 150,000 shares of Facebook stock a day out of the hundreds of millions that he owns. So far, he has shed 1.35 million shares for proceeds of \$26.2 million, at prices ranging from \$18.79 to \$20.08. He still holds more than 130 million shares. Moskovitz, 28, was Mark Zuckerberg's Harvard roommate when they founded Facebook in 2004. He left in 2008 and started the software company Asana.

ERIC RISBERG/THE ASSOCIATED PRESS

Charity. Buffet to shell out millions for 82nd birthday

Warren Buffett is celebrating his 82nd birthday by giving each of his three children a big present: about \$600 million worth of his company's stock for their charitable foundations.

Buffett announced the gifts in a letter made public Thursday, saying he is rewarding his children for the way they've run their foundations.

The new contributions, added to previous gifts, mean they'll each receive about \$2.1 billion in stock over time. In 2006, Buffett promised to give roughly \$1.5 billion of Class

B Berkshire Hathaway stock to each of the foundations his children run as part of a plan to give the bulk of his fortune to charity.

The biggest share of Buffett's \$44.7 billion fortune will go to the Bill & Melinda Gates Foundation. Another sizable gift will go to the Susan Thompson Buffett foundation that Buffett created with his first wife.

The Billionaire said he decided to increase the amount his children will receive because of the progress they've made.

THE ASSOCIATED PRESS

Nexen acquisition. NDP call for Feds to reveal decision process in oil takeover

The New Democrats are calling on the federal government to reveal what criteria it's using to decide whether to allow a state-owned Chinese company to buy a Canadian oil-and-gas producer.

Ottawa kicked off its review of China National Offshore Oil Co.'s \$15.1-billion deal to buy Calgary-based Nexen Inc. on Wednesday.

In reviewing foreign takeovers, the minister must decide whether the deal would be of net benefit to Canada, but the Tories haven't defined

Concerns

"We don't have clear rules, we don't have a clear process."

NDP MP Peter Julian on the government's method of deciding whether to allow China National Offshore Oil Co. to buy Nexen Inc.

what that means.

On Thursday, a junior cabinet minister mused that protecting the environment would be part of the review process. Last week, the prime minister suggested public

opinion could also be a factor.

But the New Democrats say the government needs to put forward a far more detailed definition because the public and industry need to know.

"We don't have clear rules, we don't have a clear process, we don't have a transparent process. The public has lost confidence," said NDP MP Peter Julian.

The review will take 45 days initially, but can be extended by 30 days or more.

THE CANADIAN PRESS

Pussy Riot

Band won't harm Russia-Canada trade: Official

A Russian official says he is not concerned the jailing of punk band Pussy Riot will discourage Canadian businesses from pursuing opportunities in his country.

"As far as trade is concerned, Canadian businessmen don't know who Pussy Riot are," says Konstantin Trofimov, Russia's trade commissioner to Canada, ahead of the next week's Asia-Pacific Economic Co-operation summit in its Pacific Ocean port city of Vladivostok.

Russia has just gained membership in the World Trade Organization and is eager to deepen economic ties, including those with Canada.

THE CANADIAN PRESS

Safety risk

Mr. Coffee brewers recalled

More than 600,000 Mr. Coffee single cup brewers — including some 80,000 in Canada — are being recalled because of a potential burn hazard.

The units are imported by Jarden Consumer Solutions.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.78¢ US (-0.28¢)

TSX
11,886.65 (-123.13)

OIL
\$94.62 US (-87¢)

GOLD
\$1,657.10 US (-\$5.9)

Natural gas: \$2.748 US (+11¢)
Dow Jones: 13,000.71 (-106.77)

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THE LIST
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1 Snooki has a baby. The Jersey Shore reality star delivered a baby boy Sunday. Snooki's rep confirmed the good news, "The world just got another Guido!!! Lorenzo

Dominic LaValle has entered the world weighing 6 lb., 5 oz. Nicole, Jionni & Enzo are doing great!" If you were disheartened by the news that MTV is cancelling the show after this season, remember you can still watch humanity regress in the spinoff series Snooki & JWoww.

2 NBC's gaffe. If it wasn't bad enough that many on Twitter were asking who Neil Armstrong was after he passed away, NBC topped it big time: They made this huge headline mistake on their website announcing the astronaut's death: "Astronaut Neil Young, first man to walk on moon, dies at age 82." Here's hoping the person's boss who wrote that display copy has a Heart of Gold.

3 Superman and Wonderwoman. DC Comics has revealed a new romantic storyline, as Superman is now hooking up with Wonderwoman! Yes, it's been revealed that a Justice League comic will feature a romance between the two comic book icons after a passionate embrace in Justice League Issue #12. Forget Brangelina, this is the new power couple.

4 Fake Lady Gaga followers! A study by social media company Status People reveals that up to 71 per cent of Lady Gaga's nearly 29 million Twitter followers are either inactive or have been created by spamming computers known as "bots." While these fakes don't impact her status as an international pop sensation, it does mean that I have a chance to catch her now. @neilmorton versus @ladygaga, this is back on!

5 Will.i.am on Mars. Holy intergalactic! The Black Eyed Peas star partnered with NASA to play his new song, Reach for the Stars, through the speakers of the Curiosity rover live from Mars. That's about a 530-million-kilometre round trip for the music, which was beamed back to the Jet Propulsion Laboratory in California. One day a rover will hit Jupiter and beam Train's Drops of Jupiter to my house.

6 Newfoundland sinking? Memorial University geography professor Norm Catto, an expert in coastline erosion, says the island of Newfoundland is sinking by a rate of about 3.5 millimetres a year. But relax, that only equates to about 30 centimetres in 100 years. If I live for 100 years, I figure that's about how much I will sink as well. But hey, we'll both still be around.

7 The Boss. Ten-year-old Halle Tator from Thornhill, Ont., had the thrill of a lifetime when Bruce Springsteen had her up on stage during his Toronto concert at Rogers Centre and let her sing Waitin' on a Sunny Day. The Boss spotted young Halle holding a sign that read: "It's my first show. I'm waiting on a sunny day." A real life Courteney Cox-esque Dancing in the Dark moment!

8 Photobombed! A new book, Photobombed! Making Bad Pictures Great and Good Pictures Awesomely Bad, presents the first collection of one of the top humour memes on the web: the photobomb! So if you spot some dude making funny faces in a nice picture you took, you can now take solace by getting this picture book. And get your own ideas for the art of a great revenge photobomb.

9 The naked truth. People are showing support for Harry's naked display in Vegas by posting their naked pictures to a Facebook group called Support Prince Harry with a Naked Salute (#salute4harry). The guidelines: "Please cover your crown jewels, tag yourself in your photo as proof of your support to the nations favourite Royal!" Greatest Harry naked support group ever! With a source coming forward saying the photo is just the tip of the iceberg, I wonder if support for Harry's debauchery will ... shrink.

10 DJ Cruise. Seems Tom Cruise's 17-year-old son Connor Cruise (he was adopted by Tom and Nicole Kidman) is becoming a serious DJ after touring hot spots throughout Europe. Connor, a.k.a. DJ Ranger Rick, has made a name for himself in the U.S. but this was his first trip across the pond. DJ Paris Hilton, watch out.

11 Reality stars hit Edmonton. Officials with Travel Alberta say the \$20,000 spent on bringing former Bachelorette stars Ashley and J.P. to Edmonton is worth the cost. The couple went to the Edmonton Fringe Festival, visited the Art Gallery of Alberta and chowed down at local eateries. Now Edmonton sounds like a rosy place, but a reality show couple visiting there doesn't give me incentive to visit.

Artwork gets a leg up



MARTINE COTTON PHOTOGRAPHY

Best foot forward

Exhibition of prosthetics

With the Paralympics starting, a group of artists have given disability another showcase. Spare Parts is a London exhibition of "pre-loved" limbs curated by amputee artist Priscilla Sutton.

"It was crazy to keep hoarding my legs," she said.

Creative contributions arrived from all over the world, including a box of arms from hospitals.

METRO

Star amputees

- **Rick Allen.** The drummer from British rock band Def Leppard kept playing after losing his arm in a car accident.
- **Robert David Hall.** The U.S. actor lost both legs but won widespread acclaim for roles in hit shows such as CSI and The West Wing.
- **Frida Kahlo.** Legendary Mexican painter lost a leg to gangrene.

Mummy knows best

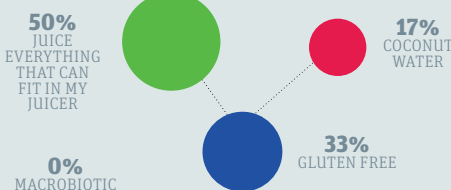
3,000

The age in years of the first known prosthetic — a wooden toe that was discovered on an ancient Egyptian mummy. The prosthetic was designed to bend in the same places as a regular toe.



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Which health-food trend would you consider taking up?



Twitter

@elizabethfilia:

#ldnont is trending! ITS A SIGN

@heathergraham7:

3 more days till move in day!! Should debatably start packing ... #pumped #Westernu

@mikelondoncan:

Is it just me or are there a lot of wasps buzzing around? #ldnont

@wvrent:

Short rant. Guy on the blue bike

w/ white helmet following me down Queens this morning. Passing me and running a red light is stupid #ldnont

@Pauly1207:

As students return to #ldnont London Police can be seen polishing their riot gear...

@JenPTin:

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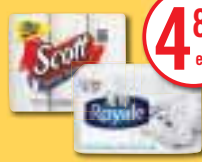
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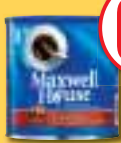
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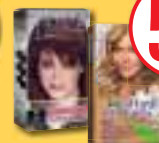
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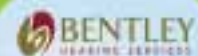


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David Cronenberg's *Cosmopolis* is not to be missed. It may have expanded the movie minds of some diehard *Twilight* fans. HANDOUT

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Look what you missed while at the cottage ...

Summer roundup. Crouse and Breslin reflect on the best and worst films of sunshine season

Richard: Mark, I bet Taylor Kitsch started the year thinking he'd be a Brad-Pitt-sized star by Christmas. He had three big-budget movies coming out, two in the high real estate summer season alone. Too bad those movies were John Carter, Battleship and Savages, two of which are considered emblematic of everything that's wrong with Hollywood blockbusters. His failure to launch this summer is one of those career misfires that can be hard to come back from, but he's talented (and Canadian) so I hope he gets another chance.

What caught your eye this summer?

MB: Speaking of hunks, if anyone told me Robert Pattinson would star in one of my favourite movies of the summer, I would have thought they were crazy. But I thought David Cronenberg's *Cosmopolis* was a masterpiece — a frigid, talky flick that plays like a grad thesis, but a masterpiece nevertheless. What's your take on it, Richard?

RC: I really liked *Cosmopolis* but the thing that really tickled me was the idea of tween *Twilight* fans sneaking in and having their minds blown. Pattinson's prostate exam was probably the stuff of a few fan's nightmares... or dreams. More accessible was *Lola Versus* with Greta Gerwig. Natural and funny, for me this was the summer's little movie that could.

MB: Loved *Lola Versus*! It's the movie Woody Allen might have made if he were 30 today. I was never a Greta Gerwig fan until this movie but it felt like it was written just for her. Now, how about *People Like Us*? A rare movie about brother/sisterly love. I cried at the last scene and could not leave the theatre.

RC: Ha! I hope you didn't get any of those tears on your dress. I'm kidding. It is a touching movie, and one that not enough people saw. I'll close out my look back at the unsung heroes of the summer with *Killer Joe*. If there ever was a definition of a movie that was not for everyone, this is it, but for lovers of dark — and I mean darker than a moonless night — thrillers, this is tops. Have you seen it?

MB: Yes, it's excellent, especially Matthew McCaughney's

Synopsis

Technically summer ends on September 21, but for the Reel Guys the silly season is over the day the Toronto Film Festival guidebook comes out. From that point on they pack away memories of air conditioning movies and begin prep for Oscar season. This week Richard and Mark wistfully look back at the season that gave us 94 days of popcorn and fun flicks.

performance. I don't think I'll ever eat another piece of fried chicken, though. Another movie I loved this summer was *The Intouchables*, a French entry about the improbable friendship between a rich quadriplegic and his thuggish caregiver. The least likely comedy ever, but it works.

2 SCENE

On the web



Heirs of *Godfather* author fight with Paramount over rights to sequels, books.

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Horror



The Possession

Director. Old Boredal

Stars. Natasha Calis, Jeffrey Dean Morgan, Kyra Sedgwick

Based on an allegedly true story about divorced parents (Jeffrey Dean Morgan and Kyra Sedgwick), their daughter (Natasha Calis) and the evil spirit that takes over her body after she buys a mysterious box at a yard sale, *The Possession* doesn't feel like a modern horror film. It's a throwback to a time when horror movies relied on creepy whispers and shadows rather than special effects for the scares. Mostly it works, but gaping plot holes let a lot of the air out of the story.

RICHARD CROUSE

Comedy



Robot & Frank

Director. Jake Schreier

Stars. Frank Langella, Susan Sarandon

Robot & Frank is a tricky little charmer. Not only does it combine a heist movie with sci-fi conventions but, at its heart, it's also a buddy picture between an elderly thief and his android. When ageing Frank is burdened with a mechanical caretaker, the ex-criminal soon warms to the robot as his safecracker on heists. While the film has a few inconsistencies, a delightful performance from Langella gives the drama poignancy.

STEVE GOW

Documentary



The Queen of Versailles

Director. Lauren Greenfield

Stars. Jackie Siegel, David Siegel

Just when you thought you couldn't possibly muster sympathy for a spoiled billionaire, here comes *The Queen of Versailles* — a stirring documentary that examines a time-share mogul and his family just as they begin building a 90,000-square-foot house. But tones shift after the economy collapses and Lauren Greenfield catches the dangers of living beyond one's means like a fly on the wall. Or in this case, like one of Jackie Siegel's stuffed dead dogs on the mantle.

STEVE GOW

Quoted

"Before I really had a fully fleshed out conversation with [director John] Hillcoat, I think I was nervous about my skill set and where I'd be able to go. For me, Hillcoat was the most nurturing, empathetic, emotional, sensitive man I had ever met, at the helm, and he allowed me to open up 'cause I felt safe with him."

Shia LaBeouf on talking to Lawless director John Hillcoat about his role in the Prohibition-era film.

MWN



Stories We Tell. Sarah Polley's family secret inspired documentary

Acclaimed actress and filmmaker Sarah Polley says her own family secret inspired her new documentary, *Stories We Tell*.

The doc, which debuted Wednesday at the Venice Film Festival, probes the secrets behind a family of storytellers.

In a guest blog post on the National Film Board of Canada website, the Oscar-nominated writer-director reveals she made the doc after learning the identity of her biological father.

The Toronto-based star says she had long suspected her late mother, who died when Polley was 11, may have had an affair that led to her conception.

But she didn't know for sure until 2006, when a DNA test confirmed a man she had met almost by accident was her biological father.

Polley says she kept the information to herself for a year and revealed it to the father she grew up with after learning a journalist got wind of the secret.

The director of *Away From Her* and *Take This Waltz* says the story wasn't published because she tearfully begged the journalist not to print it.

"My father's response to this staggering piece of news was extraordinary," Polley writes in the online post that's dated Wednesday.

"He has always been a man who responds to things in unusual ways, for better or for worse. He was shocked, but not angry. His chief concern,



Sarah Polley found out in 2006, by way of a DNA test, that her 'father' was not her father. AP PHOTO

almost immediately, was that my siblings and I not put any blame on my mother for her straying outside of their marriage."

Polley says as more people heard of and discussed the revelation, she became fascinated with how stories take on a life of their own and decided to make a film about that concept.

"Making this film was the hardest thing I've ever done," she writes. "It took five years and tormented me. I didn't want to make it, and I wanted to give up many times along the way, but I also didn't want this story to be out there in the words of someone other than the many people who lived it."

THE CANADIAN PRESS

Canadian FX legend gets evil all over again

Resident Evil. Special effects makeup craftsman Paul Jones talks about creating Nazi zombie bikers

CHRIS ALEXANDER
scene@metronews.ca

Director Paul Anderson's *Resident Evil* films, based on the juggernaut same-named Capcom videogames, have long traded in the macabre, filled as they are with hordes of flesh eating zombies, undead Doberman and hulking monsters of every perverse persuasion.

And even though the series' central force, actress Milla Jovovich (also writer/director Anderson's wife), is perhaps their greatest special effect, the man assigned the task of designing the mind bending horrors her high-kicking heroine Alice must battle is Canadian special makeup effects craftsman, Paul Jones.

The English-born Jones has been in the business for almost 25 years, getting his start with FX legend Bob Keen on pictures like *The Unholy*, *Hellraiser II* and *Nightbreed* but has since become something of an icon in his own right with his work on *Bride of Chucky*, *Silent Hill*

and now, the fifth in the *Evil* franchise, *Resident Evil: Retribution 3D*.

"You look at Paul Anderson's resume, and it's like, every fun movie ever made, he's done," says Jones from his east end Toronto studio.

"He cares more about makeup than any other director I've ever worked with. Retribution is my third time working with Paul and there's a shorthand there now."

Jones designed the monsters and makeup for the second, non-Anderson directed film *Apocalypse* and the fourth picture, *Afterlife* as well, but the more abstract *Retribution* proved to be an even more imaginative and challenging experience.

In it, Alice finds herself deep in the bowels of the evil Umbrella Corporation, trying to escape a series of harrowing simulated universes ripe with giant eyeless monsters, hammer swinging executioners, Japanese zombies and most eerily, an army of motorcycle riding Nazi zombie bikers.

"That's the thing people forget, they think zombie they think risen from grave and in *Resident Evil* that's not necessarily true," says Jones.

"You get infected, you get mutated which as an effects artist, gives you options. That's why I'm not daunted when I get



Resident Evil star Milla Jovovich. HANDOUT

a *Resident Evil* script because you know you're not going to have to beat *The Walking Dead*, which you couldn't anyway because they're the best zombie makeup ever done. *Resident Evil* has its own beat."

Jones' 3D tweaked handiwork can also be seen this season in the upcoming *Silent Hill: Revelations*, also

produced by the *Resident Evil* team of Samuel Hadida and Don Carmody. But in the meantime, Anderson's hugely popular films are not set to stop with this fifth entry and why would they? They're incredibly popular and as Jones' concurs, there's still so many places to take them creatively.

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<div> <div>London</div> <div> <div> Mustang Drive-In -London 2551 Wilton Grove Rd., 519-644-1160 The Amazing Spider-Man (PG) Fri-Sun 10:30 The Bourne Legacy (14A) Fri-Sun 12:05 The Campaign (14A) Fri-Sun 12:50 Mon-Thu 10:30 The Expendables 2 (14A) Fri-Sun 8:30 Mon-Thu 10:10 The Odd Life of Timothy Green (G) Fri-Thu 8:35 The Possession (14A) Fri-Sun 10:20 Mon-Thu 8:30 Savages (18A) Sun 2:15 Ted (14A) Sun 2:20 </div> <div> Hyland Cinema 240 Wharncliffe Road South, 519-913-0313 Beasts of the Southern Wild (PG) Fri 1 Sat 5 Sun 9 Mon 7:15 Tue 5 Thu 3 The Best Exotic Marigold Hotel (PG) Sun 4:45 Mon 5 Wed 1 Hope Springs (14A) Fri 5-9 Sat 3-7 Sun 1 Mon 3:30 Tue 1-9 Wed 3:15-7 Thu 5-9:05 Mon 9 Moonrise Kingdom (PG) Fri 3 Sat 9 Mon 1 Tue 7 Wed 5:10 Thu 1 The Queen of Versailles (STC) Fri 7 Sat 1 Sun 3 Tue 3 Wed 9 </div> <div> Rainbow Cinemas London 355 Wellington St., 519-434-3073 The Bourne Legacy (14A) Fri-Thu 3:50-6:55-9:25 Brave (PG) Fri-Thu 12:55 The Campaign (14A) Fri-Thu 9:35 The Expendables 2 (14A) Fri-Thu 1:10-3:40-7:25-9:40 Lawless (14A) Fri-Thu 1:05-3:35-7:10-9:30 Marvel's the Avengers (PG) Fri-Thu </div> </div> </div> <div> <div> Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529 Brave (PG) Fri-Mon 1:10-3:40 The Campaign (14A) Fri-Thu 9:15 The Expendables 2 (14A) Fri-Mon 1:20-4:10-6:50-9:50 Tue-Thu 6:50-9:50 Hit & Run (14A) Fri-Thu 9:30 Hope Springs (14A) Fri-Mon 1:15-3:50-6:40-9:10 Tue-Thu 6:40-9:10 Lawless (14A) Fri-Mon 1-3:45-7-9:40 Tue-Thu 7-9:40 The Odd Life of Timothy Green (G) Fri-Thu 6:45-9:20 The Oogieloves in the Big Balloon Adventure (G) Fri-Mon 1:45-4-6:30 Tue-Thu 6:30 ParaNorman (PG) Fri-Mon 1:35 ParaNorman 3D (PG) Fri-Mon 4:25-7:10 Tue-Thu 7:10 The Possession (14A) Fri-Mon 1:30-4:20-7:15-9:45 Tue-Thu 7:15-9:45 Premium Rush (14A) Fri-Mon 1:40-4:15-7:20-9:35 Tue-Thu 7:20-9:35 </div> <div> Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796 The Bourne Legacy (14A) Fri-Mon 1-4-7-10:05 Tue 3:50-6:55-10 Wed-Thu 6:50-9:55 Fri-Mon 1:30-4:30-7:30-10:25 Tue 4:20-7:15-10:10 Wed-Thu 7:45 </div> </div> <div> <div> Western Film Room 340, UCC Building, Magic Mike (14A) Fri-Thu 7 Ted (14A) Fri-Thu 9:20 </div> <div> Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529 The Campaign (14A) Fri-Mon 1:15-3:30-5:45-7:55-10:20 Tue 5:25-7:40-10 Wed-Thu 7:40-10 Star & Strollers Screening Wed 1 The Dark Knight Rises (PG) Fri-Tue 3:20-6:45-10:10 Wed-Thu 6:40-10:05 Fri-Mon 2:30-6:30-10 Tue 4:45-8:15 Wed 7:15 The Expendables 2 (14A) Fri-Mon 2:15-4:50-7:30-10:20 Tue 4:35-7:10-9:45 Wed-Thu 7:10-9:45 Fri-Mon 1-4-7-9:30 Tue 3:50-6:45-9:40 Wed-Thu 8:15 Hit & Run (14A) Fri-Mon 2:10-4:40-7:10-10 Tue 4:45-7:20-9:50 Wed-Thu 7:20-9:50 Hope Springs (14A) Fri-Mon 1:20-4:10-6:55-9:30 Tue 4:10-6:50-9:20 Wed-Thu 6:55-9:20 Star & Strollers Screening Wed 1 Ice Age: Continental Drift (PG) Fri-Mon 1:10 National Theatre Live: The Curious Incident of the Dog in the Night-Time (STC) Thu 7 ParaNorman (PG) Fri-Mon 1 ParaNorman 3D (PG) Fri-Mon 3:20-5:40-8-10:25 Tue 4:50-7:15-9:35 Wed-Thu 7:15-9:35 The Possession (14A) Fri-Mon 1-3:10-5:25-7:45-10:15 Tue 5:10-7:30-9:55 Wed-Thu 7:30-9:50 </div> </div> <div> <div> SilverCity London 1680 Richmond St, 519-673-4125 The Ant Bully (G) Sat 11 The Apparition (PG) Fri-Thu 8-10:05 The Bourne Legacy (14A) Fri-Tue 1:30-4:30-7:30-10:30 Wed-Thu 1:30-4:25-7:20-10:15 The Campaign (14A) Fri 1:20-3:30-5:35-7:55-10:05 Sat 1:20-3:30-5:50-8:10-10:25 Sun-Tue 1:20-3:30-5:35-7:55-10:05 Wed 2:35-4:50-7:50-10:10 Thu 2:35-4:45-7:40-10:15 Carmen in 3D Encore (STC) Sat 12:30 The Dark Knight Rises: The IMAX </div> <div> Experience (PG) Fri-Tue 12:30-3:50-7:10-10:30 Wed-Thu 1:30-5-8:30 Diary of a Wimpy Kid: Dog Days (G) Fri 12:45-3:10-5:40 Sat 12-2:30-5 Sun-Tue 12:45-3:10-5:40 Wed-Thu 2:35-5:05 The Expendables 2 (14A) Fri 1:05-3:20-5:45-8:10-10:30 Sat 12:35-3:15-5:30-7:45-10:20 Sun-Tue 1:05-3:20-5:45-8:10-10:30 Wed 2:30-5:15-7:45-10:05 Thu 1:45-4-25-7:45-10:05 Hit & Run (14A) Fri 8:10-10:30 Sat 7:55-10:30 Sun-Tue 8:10-10:30 Wed 7:25-9:55 Thu 9:55 Hope Springs (14A) Fri-Tue 12:40-3-5:30-8-10:25 Wed 1:55-4:30-7:05-9:45 Thu 2-4:30-7:05-9:45 Lawless (14A) Fri-Tue 2-4:45-7:30-10:15 Wed 1:55-4:40-7:30-10:15 Thu 1:55-4:45-7:30-10:15 Madam Butterfly 3D - Royal Opera House (STC) Wed 7 National Theatre Live: The Curious Incident of the Dog in the Night-Time (STC) Thu 7 The Odd Life of Timothy Green (G) Fri 2:05-4:40-7:15-9:50 Sat 4:40-7:15-9:50 Sun-Tue 2:05-4:40-7:15-9:50 Wed 4-9:50 Thu 1:50-4:40-7:15-9:50 Star & Strollers Screening Wed 1 The Oogieloves in the Big Balloon Adventure (G) Fri 2-4-6 Sat 11:45-2-4-6 Sun-Thu 2-4-6 ParaNorman (PG) Fri-Tue 1:10 Wed 2 Thu 2:50 ParaNorman 3D (PG) Fri 3:30-5:45-7:50-10 Sat 4-6-8-10:10 Sun-Tue 3:30-5:45-7:50-10 Wed 4:30-7-9:30 Thu 5-7-9:05 The Possession (14A) Fri-Tue 1:15-3:35-5:55-8:15-10:30 Wed-Thu 2:25-5:05-7:40-9:55 Premium Rush (14A) Fri 2:40-5-7:45-10:20 Sat 11:30-2:20-4:35-7:20-10 Sun-Mon 2:40-5-7:45-10:20 Tue 2:45-5-7:45-10:20 Wed 5:25-7:40-10 Thu 2:40-5:20-7:40-10 Star & Strollers Screening Wed 1 </div> </div>		

Osbourne’s tips for real women

Can we talk? After teaming up with Joan Rivers on the show Fashion Police, daughter of '70s rocker Ozzie Osbourne hitting all the right notes

Kelly Osbourne was a reality star, actress and musician before anyone took notice that she had a knack for style.

But lately the 27-year-old daughter of Ozzy Osbourne, currently with violet hair after stints of pink, lilac and grey, has earned the title of certified fashionista.

She is a natural at dishing the designer dirt with Joan Rivers and co-hosts Giuliana Rancic and George Kotsiopoulos after major Hollywood red carpets on U.S.-based cable network's E! Entertainment Television's Fashion Police.

She also sat front row with Rivers at the Badgley Mischka show during the New York Fashion Week this past February.

"I'm in the process of branding, doing my own line. I will not just attach



Cable TV star Kelly Osbourne prepares to meet fans at the launch of the Magnificent Mile Shopping Festival earlier this month in Chicago.

my name to something," Osbourne said. "I want to be a part of every aspect of it."

Now she's being tapped to kick off fashion-fueled events too, like this month's The Magnificent Mile Shop-

ping Festival along Chicago's Michigan Avenue.

And for those who must know what Osbourne was wearing in Chicago to meet with reporters last week: A long, flowing short-sleeved

The Big Three in style

Kelly Osbourne kicked-off this month's Magnificent Mile Shopping Festival in Chicago and also offered some helpful fashion advice

- Tip 1: Spray Tans.** They make you look slimmer and feel healthier...I hate that I don't have one now.
- Tip 2: Flatten that figure.** Even if you're a skinny girl, shaping undergarments Spanx are a must.
- Tip 3: Pamper your feet.** Always pack a pair of ballet flats in your hand-bag because by the end of the night your feet are killing you...Don't let footwear ruin your good time.

black dress with a rainbow leaf print by Issa (a British label that Kate, Duchess of Cambridge, has helped popularize) and a ring with a large purple stone and a jeweled leaf by Chanel.

THE ASSOCIATED PRESS

Love Hewitt says Client List has soul

New show. Actress insists that there is much more to the steamy scenes on her new show and that it's more of a morality tale

Actress Jennifer Love Hewitt understands many viewers will be drawn to the “eye-candy portion” of her series *The Client List*.

But she also wants them to see a heart and female empowerment message in the steamy show, in which she plays a single Texas mother who works at a racy massage

parlour to make ends meat. “I hope that people will understand that in those rooms it is her that is in control, no one is controlling her, no one is controlling her decisions, no one is pushing her into anything, and men are never allowed to touch her in any way unless she says it’s OK,” Hewitt, 33, said in a recent telephone interview as she discussed her character, Riley Parks.

“She’s the boss in that office, and there is something empowering about that and interesting about that, and I think people were surprised by that when they started watching the show.”

The *Client List*, which



Jennifer Love Hewitt's new television series, *The Client List*, debuts on the new Lifetime Canada channel Sunday. HANDOUT/THE CANADIAN PRESS

debuted in the U.S. in April, makes its Canadian debut on Sunday on the new Lifetime Canada channel.

Cybill Shepherd co-stars as Riley’s mom, while Loretta

Devine (*Grey’s Anatomy*, *Boston Public*) plays the spa owner. Other cast members include Colin Egglesfield as the compassionate brother of Riley’s husband (Brian Hal-

Quote
“I hope that people will understand that in those rooms it is her that is in control, no one is controlling her.”

Jennifer Love Hewitt
 On her new show *The Client List*

lisay), who has abandoned her.

The former *Ghost Whisperer* star, who is also executive producer and has directed on the show, said the story idea came upon her five years ago as she pondered the concept of the modern-day

working woman in a tough economy.

As she helped craft the strong-willed Riley, she saw the character as a mom first and a sexy spa worker second.

As such, she didn’t seek out women who work in that field as part of her research. Instead, she looked to her female family members for inspiration.

“I’m from Texas. I grew up in a family of really strong Texas women who were beauty pageant queens and then went on to be great mothers and grandmothers and aunts and these very strong women who would do anything for their families.”

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Perk Stars makes the most of social media input when sourcing new program partners and creating new perks. "Because we are a new program on the scene, we utilize Facebook as a great tool to gain feedback and make changes to the program that will best suit our members needs," says Abbott.

BEGIN HERE – GO ANYWHERE!!

Started in London, ON, Perk Stars has plans to engage with audiences across Canada and even internationally. "We are positioning this as a 'turn key' platform that will work anywhere in the world!" states Abbott.

A new member can come on board and literally have influence into how Perk Stars develops with feedback. "That alone," says Abbott, "is an exciting thing for our members – to know that they are an integral part of Perk Stars and telling us what they want –not us telling them."

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PERK STARS

Tunes to keep you in the summer mood



SOUND CHECK
Alan Cross
scene@metronews.ca

It's Labour Day already? How did that happen? Best make the most of these last three precious days with these bittersweet end-of-summer songs.



Suddenly Last Summer/The Motels

I first heard this song (its title taken from a Tennessee Williams play) on Labour Day weekend 1983. Intense melancholia. Perfect for this coming Monday afternoon.

TINYURL.COM/8G582P9



Long Hot Summer/Style Council

One of the defining moments of Paul Weller's first post-jam project. Best enjoyed at the end of a dock with a cool drink in your hand.

TINYURL.COM/99YC6ZZ



Boys of Summer/The Ataris

Because we don't need to hear the Don Henley version again. Ever.

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Lianne La Havas released her debut album, *Is Your Love Big Enough?* in August. JOHN CARUCCI/THE ASSOCIATED PRESS

La Havas has big-name fans, without big-chart numbers

New music. U.K. newcomer Lianne La Havas releases album to famous fanfare

An artist whose album debuts outside of the Top 100 on the Billboard charts would normally be considered a flop, but for Lianne La Havas, whose fans include Prince and Stevie Wonder, that may not be the case.

The London-born singer's

Quote

"I mean, it's what I've always wanted."

Lianne La Havas
On making music.

debut album — *Is Your Love Big Enough?* — came in at No. 142 on Billboard's 200 albums chart this month. Despite that, Wonder was in the audience for her first headlining Los Angeles show, and she was invited to play her songs for

music icon Prince.

"I mean, it's what I've always wanted," La Havas, 22, said of her career buzz. "It's amazing 'cause all I'm doing is singing because it feels nice and writing because it feels nice."

La Havas, whose sound blends folk, pop and soul, will open for John Legend on a U.S. tour in October, giving her album more exposure in America (it debuted at No. 4 in the United Kingdom).

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TV Pix

Reality TV and pregnant women — a sure-fire hit?

The new reality series I'm Having Their Baby follows pregnant women struggling with a big decision — keep their baby or give it up? — and couples hoping to adopt if the mother chooses not to keep the child. On Friday's show, Claudia is worried about her future after getting pregnant with a man who has six children with four women. (Slice)

A meat lover's paradise

Another new reality show, Meat Men, should be appetizing for carnivores. Pat LaFrieda, Jr., also known as the "Magician of Meat," is famous in New York culinary circles and he invites the cameras behind the scenes to talk steak and burgers on Friday. (Food Network)

Canadian-made Oscar winner on deck for Saturday

Quebec director Denys Arcand won an Oscar with Les Invasions Barbares, which won the best foreign language Academy Award in 2004 and airs Saturday. A terminally ill man faces his family and old friends — characters introduced in Arcand's previous film Le Déclin de l'empire américain — as he nears death. (Global)

A true simian story

Project Nim is a fascinating documentary about a baby chimpanzee who was raised like a human child in New York in the 1970s. The film is directed by James Marsh, who also helmed the acclaimed documentary Man on Wire, and airs Saturday. (HBO Canada)

A double dose of Copper

If you missed the premiere of the new show Copper it's on again Sunday, along with a new episode. The crime show is set in 1860s-era New York and follows an Irish-immigrant cop working the tough Five Points neighbourhood. (Showcase)

THE CANADIAN PRESS



Copper airs Sunday on Showcase. HANDOUT

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'It's going to come to a horrible end'

TV. Hit show's star Bryan Cranston speculates on how *Breaking Bad* will finish

NED EHRBAR
Metro World News in Hollywood

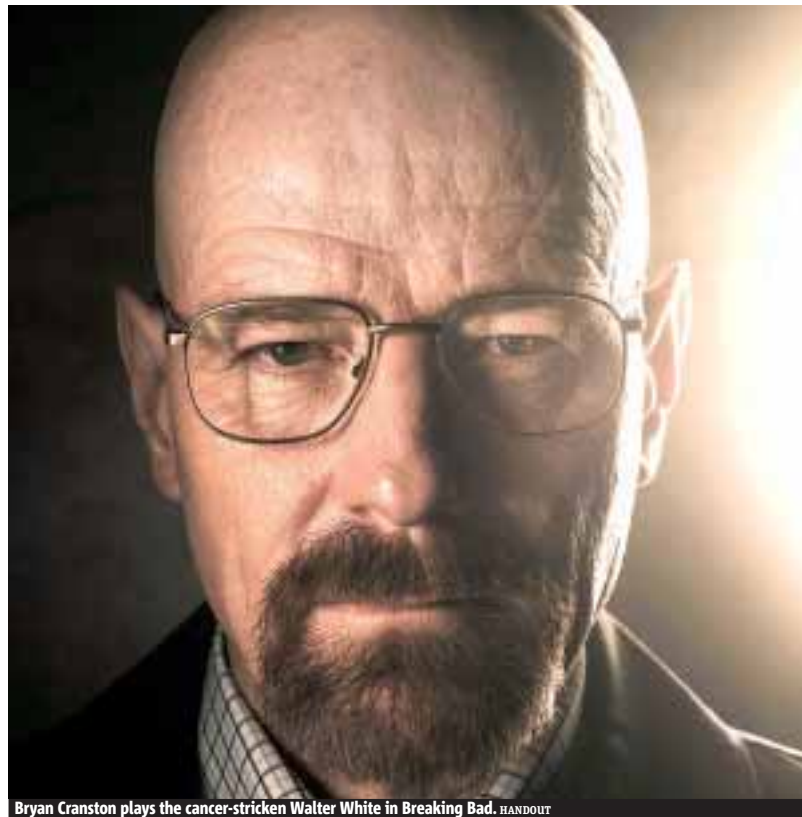


With the end of *Breaking Bad* drawing near — the final eight episodes of the critically acclaimed drama will air next year — speculation is running rampant about how the story will conclude.

And star Bryan Cranston has some ideas about what will happen to Walter White, his cancer-suffering high school teacher turned meth-dealing crime lord — namely, he could very well kick the bucket.

"Maybe the guy who has created all this toxic waste around him, maybe that's the happy ending. Maybe that he needs to die to make it happy," Cranston says.

Cranston is quick to point out, though, that this is all speculation on his part, since the final episodes haven't



Bryan Cranston plays the cancer-stricken Walter White in *Breaking Bad*. HANDOUT

been shot and creator Vince Gilligan is keeping him in the dark — probably because of interviews like this one.

"I don't know, I honestly don't know how it's going to end," Cranston admits. "I don't ask, (Gilligan) doesn't tell me."

Whatever becomes of Walter White, Cranston is at peace with the show drawing to a close.

"I feel good, yes. We will

have amassed 62 episodes and I think that's right," he says. "I would always rather end something I'm very proud of a year or two early rather than a year too late. You don't want audiences going, 'Breaking Bad — is that still on the air?' You don't want to hear that. You want to hear, 'Breaking Bad, ah, man, I miss that show.'"

Still, Cranston says viewers should be prepared for

a pretty grisly finale — and diehard fans of the show are ready for that.

"It's going to come to a horrible end and they know it," he says. "The people who are really into the show don't care, they've got to go. That's brilliant structure to be able to do that, because you have new people who are following me and I'm doing all these despicable things."

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LeAnn Rimes

Anxiety, stress forces LeAnn Rimes into rehab

Just after celebrating her 30th birthday, country singer LeAnn Rimes has checked herself into rehab for "anxiety and stress," her rep confirms to People magazine.

"LeAnn has voluntarily entered a 30-day in-patient treatment facility to cope with anxiety and stress," the rep says. "While there will be speculation regarding

her treatment, she is simply there to learn and develop coping mechanisms." Rimes herself is looking forward to feeling better after her month in rehab: "All the things in my life will be there when I get out, but you know what? I'm hoping they're not going to affect me as much," she says. "I'll have the tools to know how to deal with them."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

And the '90s lived happily ever after

THE WORD

Monica Weymouth
scene@metronews.ca



Jennie Garth and Luke Perry are at the center of one of our favourite unsubstantiated rumors of the summer.

The former 90210 costars recently reunited for an Old Navy commercial — and if you believe the National Enquirer, (go on, live a little!) they're still seeing plenty of each other.

"Since seeing Luke again, Jennie has fallen in love with him and Luke feels the same," a source tells the National Enquirer. "There is an electricity between them that has been revived after all these years. It just happened." At the Old Navy shoot, "Luke immediately put his arm around Jennie

and they talked like no one else was around," the source adds. On the show, Garth's Kelly infamously made weekly bad decisions with Perry's Dylan. In real life, Garth is in the process of divorcing actor Peter Facinelli, while Perry has been divorced since 2003. Still, Perry's downer of a publicist insists that this doesn't mean they're eternal prom dates: "This story is not true," he tells E! News, as if we're concerned about facts. The moral of the story here: Kelly and Dylan have worked things out after all these years, and there is, indeed, hope and truth in the world after all.

NBA star suing club after Drake-Chris Brown brawl

The fallout from the nightclub brawl between Drake and Chris Brown's entourage continues, with NBA star Tony Parker now suing the club for \$20 million over injuries he sustained in the melee, according to TMZ. Parker's suit claims the owners of nightclub W.I.P. should have been aware of the "bad blood" between the two R&B stars. The club owners counter that they can't be ex-



Tony Parker

pected to keep track of their patrons' personal lives.

Twitter



@Parishilton

Wanted a better view of the Shanghai skyline, so I climbed out my window bc there was no balcony. So scary!



@russellcrowe

thanks Anne Hathaway, read Just Kids by Patti Smith. Silken in it's sadness, a loving gift. Enduring, enriching.



@aplusk

There's good. There's bad. There's Nicolas Cage.



@SarahKSilverman

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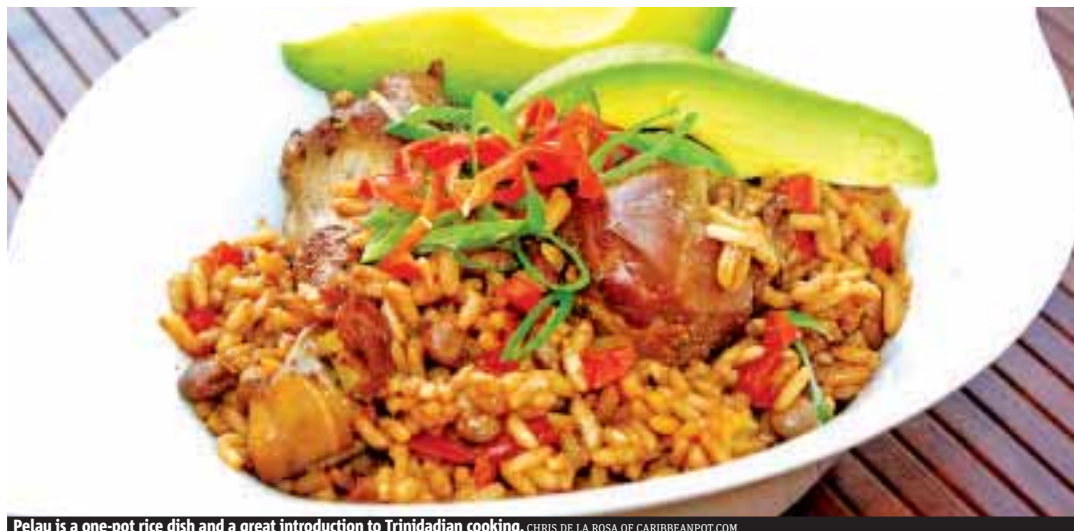
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place

Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre

Pen Centre
Pickering Town Centre
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sherway Gardens
Square One
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Pelau is a one-pot rice dish and a great introduction to Trinidadian cooking. CHRIS DE LA ROSA OF CARIBBEANPOT.COM

A culinary journey to Trinidad and Tobago

Pelau. As the island celebrates its 50th year of independence, try one of its staple dishes

IZABELA
SZYDLO
life@metronews.ca

When, in 2009, self-taught chef Chris De La Rosa launched his website, caribbeanpot.com, he wanted to create an archive of recipes from his native Trinidad and Tobago for his daughters.

A few years later, the site has grown into a hub for Caribbean cooking — spawning a YouTube channel and Facebook page. Recently, it was even picked up by two Caribbean TV stations for its own segment.

"There is much more to Caribbean cuisine than jerk chicken, roti and curry goat," says De La Rosa, from Hamilton, Ont. "There is a vast array of food to be found from island

to island, depending on which country colonized it."

Trinidadian Pelau is a great introduction. A one-pot rice dish, it is similar to Spanish Paella. "Pelau embodies the true multicultural and multi-ethnic spirit of Trinidad," says De La Rosa. "With coconut milk and meat marinated in fresh herbs and spices, it is the ultimate rice dish."

1. Clean chicken with citrus juice, rinse with water and drain. Season and marinate chicken in bowl with salt, Worcestershire sauce, ketchup, garlic, ginger, onion and tomato, cilantro, black pepper, scotch bonnet pepper, scallion, thyme for at least 2 hours.

2. Heat oil in large pot; add brown sugar. It will start to melt (keep stirring) then go frothy. When it turns amber, add chicken and stir well. Cover pot; cook on medium 10 mins.

De La Rosa's Tips

Find your way around a Caribbean kitchen.

- **Fresh.** Achieve authentic flavour with fresh herbs like thyme and cilantro.
- **Marinate.** A huge part of Caribbean cuisine is marinating meats and fish in fresh herbs and spices.

Ingredients

- 5 lbs chicken drumsticks
- Juice of lemon
- 1 tbsp salt
- 1 tsp each Worcestershire sauce and ketchup
- 2 cloves garlic (thinly sliced)
- 1 tsp grated ginger
- 1 each medium onion and tomato (chopped)
- 2 tbsp cilantro
- 1/2 tsp black pepper
- 1/4 scotch bonnet pepper
- 1 scallion (chopped)
- 3 sprigs fresh thyme
- 2 tbsp vegetable oil
- 1 heaping tbsp golden brown sugar
- 3 cups long grain brown rice
- 1 can pigeon peas
- 1 carrot sliced into coins
- 1 cup coconut milk
- 3 cups water
- 1 tsp butter (optional)

3. Rinse peas; wash rice. Remove pot lid and turn up heat to burn off any liquid. Pour rice into pot, then peas, carrots, coconut milk and water.

4. Stir and quickly bring back to boil. Cover pot and allow to simmer 35 minutes or until all liquid absorbed and rice is tender. Add teaspoon of butter.

5. Serve with slice of avocado, tomato and cucumber.

RECIPE COURTESY OF CHRIS DE LA ROSA OF CARIBBEANPOT.COM

Liquid Assets

Carnival in your glass



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

I'm not much of a beach person so my interest in Trinidad and Tobago was lacking until I saw Nicki Minaj's Pound the Alarm music video. Shot on the Caribbean archipelago (she's from Trinidad), its plot is basically Minaj, and a group of equally lovely ladies, celebrating Carnival.

Though a simple premise, I can't wait to learn more — starting with the food. A Caribbean spread is best described as eclectic, influenced by a wide array of international cuisine.

Curries, spices, creamy sauces, meats, rice, veggies and fruit are primary components of the islands' mains — which all equate to a wine pairing nightmare.

Of course, tropical island wine production is non-existent. That's why beer, a shot of local rum or a cocktail is the go-to beverage.

When you're filling your mouth with food loaded with pizzazz, you've got to reach for a refreshing wine with a palate-soothing personality.

It doesn't have to be complex. You may think of the 2011 Black Tower (\$8.95 - \$11.49) as a redundant

German white from your parents' day. Made with the rivaner (a.k.a. müller-thurgau) grape, its juicy flavour and cool limited edition, summertime bottle design have a T&T menu written all over them. **PRICES**

REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



On the Web



Somewhere between a cake and a pudding, try Chris De La Rosa's recipe for Cassava Pone. Scan this code or visit metronews.ca/food

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Hot Cheetos and Takis: The taste test

Beats and Rhymes.
Viral video celebrates
two popular U.S. snacks

They're salty, starchy and, sadly, not widely available in Canada. But a new viral video called Hot Cheetos and Takis, made by a group of kids out of a

Minneapolis North Community YMCA's Beats and Rhymes Program, has taken the Internet by storm. The song is a celebration of two popular snacks south of the border.

And with inspiration from this video, Metro New York went on a hunt to explore every starchy convenience food that comes in a Mylar bag by hitting up a local bo-

dega (convenient store) to find a few varieties of Takis sitting on the shelf.

Here are a few facts about the product. (Note: Americans get Takis, but we get ketchup-flavoured chips and Smarties on our side of the border.)

- Serving Size: 14 pieces
- Servings Per Container: 4
- Calories: 140
- Fat: 8 grams

- First five ingredients: Cornflour, hydrogenated soybean oil and/or canola oil and/or Palm and/or Sunflower Oil
- Chip Shape: Corn chip roll-up
- Flavouring: Fuego — Hot chili pepper and lime
- Rating (out of five fingers): Three fingers

What we thought: The bold flavour of the Takis were roundly appreciated by all who tried them. They were strong — nay, piercing in their heat with a nice, vaguely citrus-y finish.

Those kids in the video must have the palate of a 40-year-old smoker. However, the oily, sticky powder that heavily coats each roll-up made it difficult to eat more than a handful without feeling like

Exclusively online

Check out the video
at metronews.ca



we were going to be tossing Takis a moment later.

It's important to note that one bag of Takis is a whopping 4 ounces. It feels heavy in the hand, as compared with a 99-cent Dorito bag.

The chip itself is very thick, probably so that they wouldn't be crushed when they are rolled into a tube, but that thickness adds to the overwhelming nature of the Taki.

Put this flavouring on some Bugles, and maybe they'd be interested. While we may not be lifelong fans of the snack itself, we are eternally grateful to Y.N.RichKids for giving us the song of the summer that finally got Call Me Maybe out of our ears. **METRO**

Jamming. Demystifying canning for urban cooks

REBECCA
FINKEL
Metro World News in New York

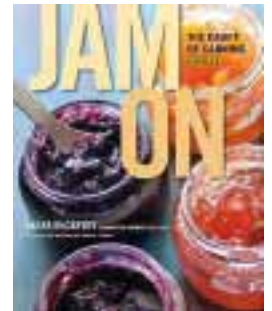
It happens about this time every year. Confronted with a bounty of fresh fruit, we think, "This is the year I make my own jam." But we never do. Whether it's fear of contamination or lack of kitchen space, something always stops us short of, ahem, sealing the deal.

To help quell our fears, we turned to Brooklyn-based jammer Laena McCarthy, founder of Anarchy in a Jar (anarchyinajar.com) and author of the new book "Jam On: The Craft of Canning Fruit."

"I teach a lot of classes, and almost everybody who attends are totally smart, fully capable cooks. But they're terrified that they're going to kill someone if they make jam," she tells us.

"Essentially," she continues, "you cannot kill someone. The pH in fruit is low enough that things like botulism can't grow in that environment."

McCarthy had the advantage of watching her mother make jam from local produce and garden herbs in upstate New York. Her personal technique, she says, is a blend of traditional American and



European styles that reduces cooking time as well as the amount of added sugar, "slowly but surely letting the fruit do the work." The result is a fresher-tasting jam that lends itself to both sweet and savory applications.

"Jam On" guides first-time canners through the process of preserving, from choosing raw fruits to creating complex, whiskey-spiked jellies, jams, butters and chutneys.

Ready to jam? McCarthy recommends starting out with her book's "3's Company Triple Berry Jam" recipe.

"It's pretty foolproof," she says. "The berries only cook for a short amount of time, so the whole process is very quick ... it's pretty hard to screw up."



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Xiu Xiu, eclectic Xiu

Xiu Xiu, an American avant-garde group originally from San Jose, Calif., will be performing at APK Live (340 Wellington St.) on Sunday. Lead singer Jamie Stewart's lyrics give voice to some of life's most untouchable and taboo subjects, while his hushed vocals crystallize and mediate their unsettling impact. The night also features special guests Phedere, an experimental Toronto trio, New Zebra Kid (London) and solo female pop chanteuse Quinn Read Baxter (London). Tickets are \$10 at the door or \$8 in advance at APK Live/Grooves or online at ticketscene.com/events/6738/. Doors open at 9 p.m.



Indie-rific tickets

London Indie Underground is a monthly podcast showcasing some of our area's most talented artists, musicians, personalities and scene contributors. Hosted by Sarah Burke from FM96, the inaugural podcast on Saturday will feature The Salads, local comedian Adam Clements, an acoustic performance by Paul St Laurent and local indie bands. The party will take place at The Vault Recording Studio (538 Adelaide St. @ Princess). Doors open at 9 p.m. and the broadcast starts at 10 p.m. Limited tickets are available for \$20 by phone at 519-520-3402 or at the studio.



Fine and dandy

Dandyfest is a celebration of music, art and community happening this Saturday, Sept. 1 from noon to 11 p.m. at Quai Du Vin Winery Sparta, Ont. (45811 Fruitridge Line). The festival will feature live folk music acts like The Strumbellas, Jennifer Castle, Olenka & the Autumn Lovers, Rusty Water, Shuug & the Temporary Men and Bluegrass Brunch. There will be food, art and craft vendors, as well as a rock 'n' roll oldies dance party. Tickets are on sale for \$35 at the gate and for \$25 in advance, online at quaiduvin.com or in person at Grooves Record Store (353 Clarence St.).



Oh my darlin'

Brit country band My Darling Clementine plays the Aeolian Hall (795 Dundas St.) on Aug. 31. The classic country duet sings songs of betrayal, regret, anger, guilt, revenge and hurt. Listeners become voyeurs as the two musicians sing to each other, about each other, while staring directly into each other's eyes. The Rizdales, a country band from Austin, Texas, will also play. Tickets (\$18 advance, \$22 at the door and \$15 for students) on sale at the Aeolian box office, Grooves (353 Clarence St.), the Village Idiot (135 Wortley Rd.) and online at aeolianhall.ca. Doors open at 7 p.m. and the concert starts at 8 p.m.



Comedy night

Comedian Mike Nemiroff has crossed our land from right to left coast and back again, performing at comedy clubs, hotels, bars, restaurants, Canadian Forces bases, wedding chapels, bowling alleys, and taco stands. He has also performed on TVO, CTV, CBC, and at various comedy clubs in the United States, including such notable spots as Caroline's, the Comedy Cellar, and the misnamed Boston Comedy Club in NYC. He will be performing at the Western Fair District (900 King St.) in London on Friday at 8 p.m. and on Saturday at 8 p.m. and 10:30 p.m. Tickets are \$22.50 and can be purchased at the on-site Box Office or online at aeolianhall.ca.



MIX OF SIX
Mila Petkovic
london@metronews.ca



Just like honey

Come and see how honey is harvested from the hive, dip your own beeswax candle, safely see a live bee hive opened, and ask questions. The bee extravaganza happens every Saturday in September (1, 8, 15, 22 and 29) from 11 a.m. to 4 p.m. at Clovermead (11302 Imperial Rd.) A Bee Beard demonstration takes place at 2:30 p.m. Don't forget the wagon rides, bee barrel train rides, jumping pillow, pedal go carts, music, animals, and buckets of fresh family fall fun on the Adventure Farm. Admission is \$10 or \$45 for a group of five. Call 519-773-5503 for more information.

An investment that's right as rain

Where can I get a rain barrel?
-Brent of Victoria



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Rain barrels can be purchased from your local hardware or garden store. In fact, the Capital Regional District's website has a complete list of rain barrel retailers in the Victoria, B.C., area under the Water Services section. You can also search the classifieds, in print or online! It's a worthy investment.

They can cost over \$250, depending on the size and manufacturer.

Price also depends on the added bells and whistles, such as filtering systems, spigots and mosquito-proofing measures.

But before you buy, check to see if your city offers a subsidy or distributes rain barrels to residents.

Did you know that more than 40 per cent of residential treated drinking water is used to water lawns and gardens?

Collect rain water on your property to reduce the waste of potable water, especially

during the drier summer months.

Benefits of rain barrels

- Rainwater harvesting can reduce storm drainage load, including reducing the chance of basement flooding.
- Direct water away from your home's foundation.
- Provide naturally softened and chlorine-free water — excellent for delicate houseplants, cleaning the car and window-washing.
- Reduce your water bill.

Additional tips

- Select a rain barrel size that

will hold most of the rain that comes off your roof. You may need to buy one for each downspout to be sure.

- Install the rain barrel on a level surface (it can weigh up to 545 kilograms when full), even elevating it with paving stones to take advantage of a gravity feed.
- Make your barrel mosquito-proof by adding a lid to it.
- Maintain your system by clearing roofs and rain gutters of debris, cleaning any screens in the tank, and occasionally removing the sediment by draining and cleaning the tank.
- Don't drink the water!



Harvesting rain water has a long list of benefits. ISTOCK IMAGES



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NHL

Eberle follows Hall, signs new deal with Oilers

The Edmonton Oilers have agreed to a six-year, \$36-million US contract extension with forward Jordan Eberle.

The move comes just over a week after the Oilers signed forward Taylor Hall, Eberle's roommate, to a seven-year, \$42-million extension.

The Oilers announced the move Thursday.

Eberle, 22, a native of Regina, has registered 52 goals and 67 assists in 147 games over his two seasons with Edmonton.

THE CANADIAN PRESS

Paralympics

Huot makes it nine gold in pool

Benoit Huot won Canada's first medal of the 2012 Paralympic Games with an exclamation mark.

The 28-year-old captured gold in the 200 individual medley, lowering his own record by a quarter of a second Thursday, finishing in to two minutes 10.01 seconds.

It was Huot's ninth career gold medal, but first since 2004 when he dominated the Paralympics in Athens with five victories.

Summer Mortimer of Ancaster earned silver in the women's 200 I.M.

THE CANADIAN PRESS



Montreal's Benoit Huot won gold in London on Thursday.

GETTY IMAGES



Canadian Milos Raonic serves during his match against Paul-Henri Mathieu on Thursday in New York. ELSA/GETTY IMAGES

Things looking up for Raonic at U.S. Open

Tennis. Power-serving Canadian says he's 'getting better and better' after winning 2nd-round match

Another career first for Milos Raonic.

The hard-hitting 21-year-old from Thornhill defeated Frenchman Paul-Henri Mathieu 7-5, 6-4, 7-6(4) at the U.S. Open on Thursday, firing 30 aces to advance to the third round at Flushing Meadows for the first time in his career.

Raonic played better Thursday than he did in his opening match against Colombia's Santiago Giraldo.

Retirement

Roddick says he's done after Open

Andy Roddick is ready to walk away from tennis whenever his U.S. Open ends.

The 2003 U.S. Open champion and former No. 1-ranked player surprisingly announced his plans to

retire at a news conference at Flushing Meadows on Thursday, his 30th birthday.

"I'll make this short and sweet: I've decided that this is going to be my last tournament," said Roddick.

"I just feel like it's time. I don't know that I'm healthy enough or committed enough to go another year," he said.

THE ASSOCIATED PRESS

The Canadian had to rally from a set down and break to earn the first-round victory.

"I played much better today than in the first round, as far as the basics go," Raonic

said. "But I still need to do quite a few things better."

"The two breaks I got, I played good points each time. But I wasn't happy with my return games, I wasn't doing enough with the ball."

Raonic is the first Canadian male to get this far in this event in 24 years. Montreal's Martin Laurendeau reached the fourth round of the U.S. Open in 1988.

The 15th-seeded Raonic needed two hours 10 minutes to clinch the win. He'll face American James Blake in the third round.

"I do feel good about my game, I'm getting better and better," Raonic said. "I now have two days to get even better."

THE CANADIAN PRESS

Crosby would consider Europe, agent says



Sidney Crosby "just wants to play hockey" and would possibly take his talents to Europe if the NHL locks out its players. PAUL BERESWILL/GETTY IMAGES FILE

If there's an NHL lockout, Sidney Crosby could head overseas to Europe.

Crosby would at least consider playing in Europe if there's a long lockout in the NHL, Crosby's agent, Pat Brisson, told the Pittsburgh Post-Gazette.

"If at one point there's a lockout and the lockout goes long ... Sidney wants to play hockey," Brisson told the paper. "Of course he would consider alternatives."

Crosby is just one of a number of NHL players European teams have inquired about

if there's a lockout. Crosby's teammate, Evgeni Malkin, said he would return to the KHL if there is a lockout and suspected Crosby would wait to see if the lockout dragged on.

"If the lockout is announced for the entire season, then Crosby may come," Malkin told SovSports in Russia. "He loves to play and won't be able to live an entire year without hockey."

Brisson said he "can't put any time frame" on when Crosby would consider looking for work outside the NHL, but said he's "feeling great."

TORSTAR NEWS SERVICE

European exodus

During the 2004-05 lockout, almost 400 NHLers played in European leagues.

- Most of the players who went to Europe were European, but some notable Canadian names went overseas back then including Vincent Lecavalier (Ak Bars Kazan in Russia), Joe Thornton and Rick Nash (both HC Davos, Switzerland).

4 SPORTS

Mobile sports



Citing common traits between soldiers and football players, particularly when dealing with stressful situations that can lead to injury, the NFL and U.S. Army have teamed up on a long-term program to care for and prevent concussions and head trauma, as well as other health issues. Scan the code for the story.

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MISCELLANEOUS

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Horoscopes

Aries

March 21 - April 20

No matter what other people might say, they can only hurt you if you let them. Someone will go out of their way to criticize you today. Ignore them. Take no notice of anyone's opinions but your own.

Taurus

April 21 - May 21

Try not to make any rash decisions today, especially if they are likely to affect other people as well as yourself. What is good for you may not be good for a friend or a colleague — or anyone else.

Gemini

May 22 - June 21

Today, under no circumstances should you resort to questionable tactics. Common sense should tell you that sticking to the rules is good business — and if common sense doesn't tell you, the full moon will find a more hurtful way.

Cancer

June 22 - July 23

Full moons are never easy to deal with but this one won't damage you too badly. The most important thing is that you find something of a positive nature to focus on and channel your energy into.

Leo

July 24 - Aug. 23

Something that has been bugging you for ages will reach crisis point over the next 24 hours. However, if it involves money, property or investments, you are advised to get expert advice before acting in any way.

Virgo

Aug. 24 - Sept. 23

You must not let today's full moon in your opposite sign of Pisces get you down. No matter what happens, there is no reason why you cannot work things out to your benefit. Loved ones need you to be strong.

Libra

Sept. 24 - Oct. 23

It may get a bit much this weekend and you may well decide to just let fate take its course. That's good. Sometimes it is best to not try too hard. And sometimes it is best to not try at all.

Scorpio

Oct. 24 - Nov. 22

You are not the sort to resist saying something controversial just because it might hurt other people's feelings, and you'll have plenty to say for yourself today. It might surprise you though how angrily others respond.

Sagittarius

Nov. 23 - Dec. 21

You are at a crossroads and have to decide which turning to take. Before you make that decision, you would be wise to think of your own needs. Don't give up on something simply because others do not approve.

Capricorn

Dec. 22 - Jan. 20

Bite your tongue and keep your thoughts to yourself. It may not be easy but if you want the space and the peace you need to complete what you are working on, you must not be critical or sarcastic — for now.

Aquarius

Jan. 21 - Feb. 19

This is precisely the wrong time to gamble with what you own and earn. Today's full moon warns you won't know for sure which way the wind is blowing until the early part of next week, so hold fire.

Pisces

Feb. 20 - March 20

A full moon in your birth sign means that even if you are the most laid-back Pisces who ever lived you will still be rather emotional today. Scream and shout if you have to — you'll feel better for it. **SALLY BROMPTON**

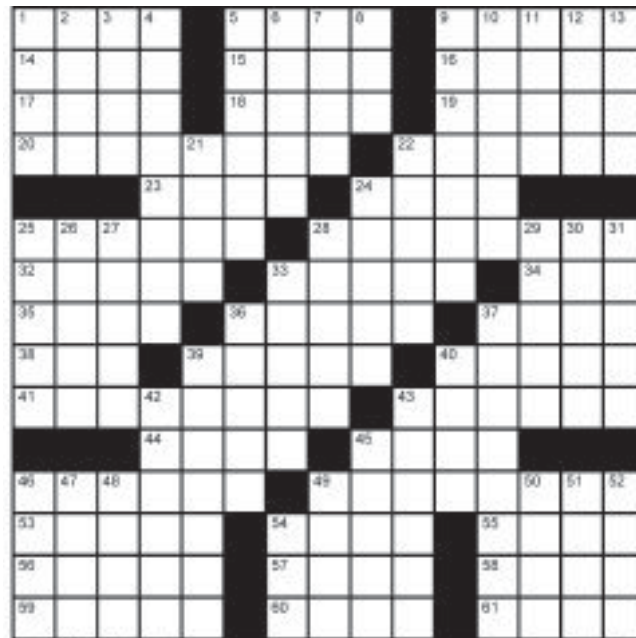
Crossword: Miscellany

Across

1. Après-___: afternoon (Fr.)
5. Actor Reynolds or Lancaster
9. Gather together
14. Lost
15. Largest continent
16. Victor Borge, Hamlet, and Viggo Mortensen
17. Sunbathing goal (2 wds.)
18. Regretted
19. Trail walker
20. 1976 Summer Games locale
22. Four-door cars
23. Shout
24. Hard-to-find
25. Toronto-born Raymond who played President Lincoln in 1940 in *Abe Lincoln in Illinois* and in 1962 in *How the West Was Won*
28. Legal strategies
32. Coolly detached
33. Animal with two feet
34. What a dentist has you say
35. Burg
36. Palatial home
37. Angel: Fr.
38. WSW opposite
39. Gives a thumbs-up
40. Dickens' ___ of *Two Cities* (2 wds.)
41. Toronto-based "Lunatic Fringe" (1981) group (2 wds.)
43. Bank clerk
44. "I've got ___ feeling about this!": Han Solo (2 wds.)
45. Angelic glow
46. Flames footwear
49. Western capital
53. Deed possessor
54. "No ___": "I can do that easily"
55. Plant used to make poi
56. Black-and-white "bear"
57. His wife is a countess
58. List part
59. Tangle
60. "... was blind but now ___": "Amazing Grace" (2 wds.)
61. Detective's job

Down

1. Polite way to address a woman
2. "What ___ become of me?" (2 wds.)
3. University administrator
4. Toronto-born "Four Strong Winds" composer (2 wds.)
5. With no room to spare
6. Ordinary
7. Manitoba's Louis ___
8. "Just a ___": little bit
9. Stuck (to)
10. Knight's lady
11. Ottawa-born singer-composer who wrote "My Way"
12. Observed
13. Georgia and Belarus, once: abbr.
21. Snorkeling locale
22. Toronto-born *60 Minutes* regular Morley
24. Short term for bank take-backs, of, say, autos, after owners miss their payments
25. Alma ___: college one attended
26. Solo
27. Distributed seeds
28. Eatery
29. Soo Locks waterway, e.g.
30. US national bird
31. Almost perpendicular,



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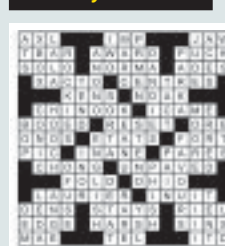
like a cliff
33. Dried by heat
36. Gold-loving king
37. Where to find 54-Down
39. Canada's oldest federally registered party
40. Nestle chocolate bar
42. For mature audiences (2 wds.)
43. Do gymnastics

45. Idolize
46. Absorbs, with "up"
47. Tae ___ do: karate type
48. Canadian-born New Zealand actress Paquin
49. Historic periods
50. "Toodle-oo"
51. Mined materials
52. Iditarod's Alaska terminus
54. Maritime Prov.

Apology

Due to gremlins in the system, the wrong puzzle clues appeared in Thursdays' Metro. The correct clues are online at metronews.ca.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	1	5	9	6	2	7	8	3
2	6	8	3	7	6	1	9	4
7	9	3	4	1	8	6	2	5
1	2	4	6	5	9	8	3	7
6	3	9	7	8	1	4	6	2
6	8	7	2	3	4	9	5	1
8	7	6	5	4	3	2	1	9
3	4	2	1	9	6	5	7	8
9	5	1	8	2	7	3	4	6

Today

32°/16°

Mainly sunny

Saturday

26°/16°

Sunny

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